



Chocolate Peanut Butter Banana Breakfast Smoothie

Ingredients

- 1 cup (8 oz.) fat-free or low-fat chocolate milk (can also use white milk)
- 1/2 cup (4 oz.) low-fat vanilla Greek or regular yogurt
- 1 medium banana, peeled
- 1 Tbsp. creamy peanut butter
- 1/4 tsp. ground cinnamon
- 1/2 tsp. vanilla extract

Instructions

- Add all ingredients except banana to blender
- Slice banana into slices to equal approximately 1/2 cup
- Add banana slices to blender
- Blend on high until smooth and creamy
- Pour into a tall glass and enjoy!

